



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 18527, ARCHWAY Home Style Cookies, Date Filled Oatmeal

Report Date: July 04, 2017 18:27 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	13.49	1	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	11/2005
Energy	kcal	400	1	--	--	--	--	--	--	--	Calculated or imputed	--	11/2005
Energy	kJ	1673	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2005
Protein	g	4.67	1	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	11/2005
Total lipid (fat)	g	12.05	1	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	11/2005
Ash	g	1.62	1	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	11/2005
Carbohydrate, by difference	g	68.16	1	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	11/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fiber, total dietary	g	2.1	1	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	-- 11/2005
Sugars, total	g	34.27	1	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	-- 11/2005
Minerals													
Calcium, Ca	mg	28	1	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	-- 11/2005
Iron, Fe	mg	2.26	1	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	-- 11/2005
Potassium, K	mg	159	1	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	-- 11/2005
Sodium, Na	mg	331	1	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	-- 11/2005
Vitamins													
Thiamin	mg	0.280	1	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	-- 11/2005
Riboflavin	mg	0.170	1	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	-- 11/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin	mg	1.990	1	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	11/2005
Folate, total	µg	56	1	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	11/2005
Vitamin A, IU	IU	13	1	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	11/2005
Lipids													
Fatty acids, total saturated	g	2.760	1	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	11/2005
Fatty acids, total monounsaturated	g	4.820	1	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	11/2005
Fatty acids, total polyunsaturated	g	1.110	1	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	11/2005
Fatty acids, total trans	g	3.360	1	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	11/2005
Cholesterol	mg	6	1	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	11/2005